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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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## PLANNING DESSERTS TO MEET THE RATIONS

Industrial feeding establishments now have the most limited supplies of sugars and fats that they have had at any period during the war. Planning desserts, that will appeal to workers and come within the rationed allowances of sugar and fats is indeed difficult. The outlook for increased supplies of these products is not encouraging, and industrial feeding managers should be prepared to copewith short rations for many months to come.

### Why Are Fats and Sugars in Short Supply?

Supplies of fats and sugar for civilians are at the lowest level in many years and no relief is expected until the late spring or summer of 1946. Civilian consumption of fats and oils in 1945 is expected to be about 40 pounds per capita, as compared with an estimated 45 pounds consumed during 1944. The reasons for the short supplies of fats and oils may be summarized as follows:

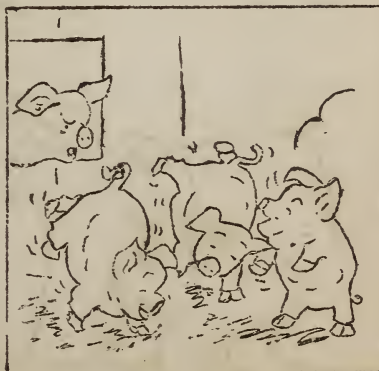
Carry-over stocks of fats and oils, especially lard, were very low.

Lard production has decreased.

Imports of fats and oils have been reduced because of wartime conditions.

Exports to liberated countries are expected to be larger this year than during 1944.

Military demands have increased.



The 1945 outlook for sugar is no more encouraging than the forecast for fats. Low stocks,, smaller shipments from Cuba, and increased war demands have resulted in a decrease in the 1945 civilian supply of more than 1 million tons under that of last year. This means that the industrial cafeteria manager will receive about 40 percent less sugar than he was allowed in 1944.

### Should Desserts be Included on the Special Lunch?

In view of the short rations of fats and sugar, many industrial feeding managers may wonder if they should continue to serve desserts on the special lunch. This raises the question, "How important are desserts in the worker's lunch?"

The answer to that question is that dessert makes an important contribution to the energy value of the worker's lunch. An adequate lunch for an industrial worker should provide one-third or more of his daily energy requirements or at least 1,000 calories. The following meal pattern shows that the dessert may contribute 1/5 or more of the total energy value of a meal.

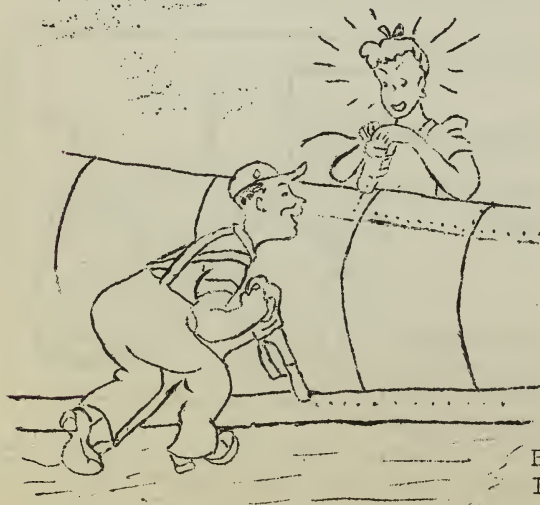
<u>Food</u>	<u>Average Caloric Value</u>
Meat, fish, poultry, or meat alternates. . . . .	200
Potato or cereal dish. . . . .	150
Hot vegetables or salad. . . . .	80
Bread and butter or fortified margarine. . . . .	200
One-half pint of milk. . . . .	170
Dessert. . . . .	<u>200</u> or more
Total calories . . . . .	1,000

A mid-shift meal that includes no dessert is likely to fall short of being adequate in caloric value.

### Use Plentiful Peaches for Desserts

One way of stretching rationed fats and sugar is to use fresh fruits in season for desserts. This month peaches will be available and industrial feeding managers should serve them frequently.

Fresh peaches may be served in a variety of ways. For example, whole, sliced, or in a fruit cup combined with blackberries, pineapple, oranges, or grapefruit. They may be stewed and sweetened with cane or corn syrup, using all sirup, or part sirup and part sugar.



Peaches may be used in pastry desserts to save processed food ration points. Fresh peach pie, peach cobbler, peach turn-overs, and peach shortcake are popular desserts. Some ways to save fat in these desserts are: Use a latticed crust to top peach pie, and cut out shapes of pastry, bake them separately, and use them to top cooked peaches for war-time cobbler.

Budget Rationed Foods Used in Desserts:  
In order to continue serving desserts on reduced fat and sugar rations, the indus-



trial feeding manager must budget his rations carefully. The first step is to estimate the amount of rationed foods that can be used for desserts. The available amount of sugar may be allocated in the following manner.

	Pounds
Total sugar ration per week. . . . .	180
Less amount used for sweetening beverages and other foods. . . . .	50
Amount available for desserts. . . . .	130

A similar estimate may be made for fats. When the quantities of sugar and fats that are available for use in desserts have been estimated, these amounts should be used as a guide in planning desserts.

### Check Your Dessert Formulas

Dessert recipes should be checked for their fat and sugar content. Those which are economical in the use of rationed foods should be selected. The following table shows the fat and sugar content of some common dessert recipes. The industrial cafeteria manager may make a similar table of the fat and sugar content of his own recipes. This will help him to adjust the week's menu in line with available fats and sugar.

### Fat and Sugar Content of Common Desserts

D e s s e r t	Amounts for 100 portions			Sugar Pounds
	Calories	F a t		
	Per Portion	Pounds	Points	
Plain cake with frosting. . . . .	250	1.5	18	7.8
Plain cake without frosting. . . . .	200	1.5	18	3.8
Devil's food cake with frosting. . . . .	250	1.5	18	4.2
Gingerbread. . . . .	200	1.6	19	1.4
Fruit pie, double crust. . . . .	400	3.2	38	3.7
Cream pie, single crust. . . . .	300	1.6	19	3.0
Cornstarch pudding. . . . .	200	-	-	3.0
Bread pudding. . . . .	200	-	-	3.0
Fruit gelatin (sweetened). . . . .	100	-	-	-
Fresh fruit, stewed. . . . .	100	-	-	3.0
Fresh fruit, raw. . . . .	50-100			0 to 2.0

Iced cake requires much more sugar than uniced cake. The amount of sugar used in the icing would be enough to use in a pudding or would be sufficient to sweeten fresh fruit. Likewise, the fat used in a double-crust fruit pie would be enough to make crusts for one cream-filled and one open-faced fruit pie.

### Stretch Your Sugar Ration

The quantity of sugar in many recipes may be reduced by use of sugar substitutes. Corn and cane sirup and honey may be used in baked products to replace part of the sugar in the recipe. Directions for using sugar substitutes and other ways of saving sugar may be found in the publication "Saving Sugar in Industrial Feeding." 1/

1/ This publication available without charge from the U. S. Department of Agriculture, Office of Supply (CCC), 5 South Wabash Avenue, Chicago 3, Illinois.

Some cakes and puddings may be made from prepared cake mixes and pudding powders. However, the allotment of sugar and fats used in the manufacture of these products has also been restricted, so the supply is limited.

### Use Fats Sparingly

Unfortunately, there are no substitutes for fats. Usually it is not satisfactory to decrease fat in a recipe because a product of inferior quality may result. Therefore, either fewer products containing fats should be prepared, or recipes that use a relatively small amount of fats should be selected.

### Save Fats and Turn Them In



Close cooperation of chefs and pot washers can save many pounds of fat from going into garbage cans and down sink drains. Remember, however, that meat drippings and excess fats are worth more than the salvage value if they are used in place of new fats. Suggestions for the care and use of fats were given in the March, 1945 issue of "Serving Many."

Here are some suggestions for saving fats and sugar in the preparation of baked products. They may serve to remind bake shop employees of the importance of conserving these rationed materials.

POST THESE RULES IN YOUR BAKE SHOP:

#### Conserve Fat and Sugar in Baked Products

1. Use standardized recipes and follow them carefully.
2. Weigh all materials accurately.
3. Remove all shortening from the original container.
4. Scrape out mixing bowls thoroughly.
5. Roll pie crust to a uniform thickness.
6. Re-use pie dough trimmings as soon as possible.
7. Use one-crust pies often. Make latticed topped or open-faced fruit pies instead of two-crust pies.
8. Use only enough pan grease to prevent sticking.
9. Make sheet cakes instead of layer cakes.
10. Ice only the tops of cakes.

### FROZEN VEGETABLE PACK GROWS

Although the gain in vegetables sold fresh far exceeds the gain in frozen vegetables commercially in the past 5 years, here are the most recent figures on the U.S. frozen vegetable pack: in 1943, 207,871,000 pounds and in 1944, 234,335,000 pounds.

Western states led the increase with a gain of 18 percent, East and South by 10 percent and Midwest shows a loss of 5 percent. Cauliflower, with a gain of 92 percent stood at the top of the list, lima beans and broccoli second with a gain of 41 percent. Retail cartons were used for 44 percent of the 1944 pack. The 12-ounce carton was the most popular size retail pack.



1

Cheese fondue  
 Fresh green beans  
 Carrot and peanut salad  
 Whole-wheat rolls with butter or  
   fortified margarine  
 Plain cake with marmalade frosting 2/  
 Milk

2

Veal chow mein  
 Boiled rice  
 Garden lettuce salad  
 Whole-wheat bread with butter or  
   fortified margarine  
 Fresh peach pie  
 Milk

3

Salad plate;  
   Cottage cheese  
   Fresh fruit salad  
   Celery curls  
 Peanut butter muffins with butter  
   or fortified margarine  
 Chocolate-nut pudding  
 Milk

4

Veal loaf with gravy  
 Mashed potatoes  
 Fresh beets and greens  
 Enriched bread with butter or for-  
   tified margarine  
 Fresh sliced peaches  
 Beverage

2/ Recipe is in "Saving Sugar in In-  
 dustrial Feeding," Page 6.

5

Scalloped fish  
 Parsleyed new potatoes  
 Sliced tomato salad  
 Whole-wheat bread with butter or  
   fortified margarine  
 Fruit gelatine  
 Beverage

6

Creole lima beans  
 Buttered carrot strips  
 Mixed green salad  
 Whole-wheat bread with butter or  
   fortified margarine  
 Baked custard  
 Milk

7

Roast shoulder of lamb with dressing  
 Browned new potatoes  
 Cabbage and carrot salad  
 Enriched bread with butter or  
   fortified margarine  
 Fresh peaches  
 Milk

8

Vegetable plate;  
   Hard-cooked egg salad  
   Corn-on-the-cob  
   Buttered green beans  
   Sweet pickle  
 Whole-wheat bread with butter or  
   fortified margarine  
 Fresh blackberry pie  
 Milk

9

Frankfurters  
 Potato salad  
 Summer squash  
 Enriched rolls with butter or  
   fortified margarine  
 Fresh peach cobbler  
 Milk

10

Fish loaf with tomato sauce  
 New potatoes in jackets  
 Green peas  
 Enriched bread with butter or  
   fortified margarine  
 Fresh fruit cup  
 Milk



11

Braised liver  
 Scalloped potatoes  
 Fresh greens  
 Whole-wheat bread with butter or  
 fortified margarine  
 Lemon chiffon pudding  
 Beverage

12

Scrambled eggs  
 Baked potato  
 Sliced cucumber and tomato salad  
 Enriched rolls with butter or for-  
 tified margarine  
 Crumb pudding 3/  
 Beverage

13

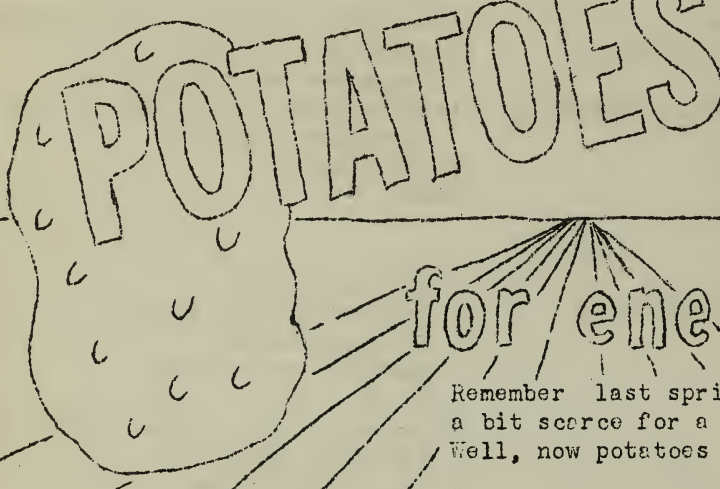
Salad plate:  
 Sliced luncheon loaf  
 Kidney bean salad  
 Sliced tomatoes  
 Graham muffins with butter or  
 fortified margarine  
 Gingerbread  
 Milk

14

Chicken fricassee with noodles  
 Fresh buttered carrots  
 Endive with French dressing  
 Whole-wheat bread with butter  
 or fortified margarine  
 Raspberry sherbet  
 Beverage

3/ Recipe in Saving Sugar in Industrial Feeding," page 4.

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# POTATOES

## for energy

Remember last spring.....potatoes were  
 a bit scarce for a while in some areas.  
 Well, now potatoes

ARE ABUNDANT

Of immediate concern is the current new crop from the intermediate producing states. This must be consumed to prevent loss of a valuable energy food because intermediate crop potatoes do not store well.

Potatoes...in Group 3 of the Basic Seven foods...are a good source of certain vitamins and minerals. New potatoes are richer in vitamin C than those that have been stored for a few months.

With more than 200 ways in which to prepare potatoes...eater-outers and patrons of industrial cafeterias...need never tire, and will derive great nutritional benefit...from their continuous use.

SPEED UP WITH SPUDS!!